



Start logging
your activity
on October 3

FALL INTO FITNESS WITH **WALKT** **BER**™

-  New, easy-to-use online platform and mobile app
-  Track your minutes or steps to earn rewards...a Walktober drawstring backpack and UT System holiday cookbook
-  Integrate wearable trackers or free activity-tracking apps via your smartphone



**Register at utlivingwell.com
September 19 - October 10**


make it a priority

THE UNIVERSITY of TEXAS SYSTEM